

Orientation.

Orientation - becoming familiar of P.E.
 "College & Life" - Bennett.
 "For College Women & Men" - Mrs. Hinkwood.
 "Teaching Children to Study"

- I. How to plan our Time.
- II. What kind of a person should a Physical Education be?

Sleep - 63	}	Hrs. a week.
Eat - 14		
Classes - 32 $\frac{1}{2}$		
Travel - 7		
Dress & Bath - 10 $\frac{1}{2}$		
Sew, etc - 3 $\frac{1}{2}$		
Study - 18		
Reading - 3 $\frac{1}{2}$		
Letter writing - 3 $\frac{1}{2}$		
Church - 3		
Entertainment - 3		
Being with People - 7 $\frac{1}{2}$		
168		

Write out routine for myself.

Fair.	disciplinary	Laid.
Young in Spirit.	}	Interesting & Interested.
Understanding.		Easily Efficient.
Confidence.		Enthusiasm.
Disposition		Forceful.
Personality.		Love for people.
		All round person.

Appearance
Clean - Neat.
Honesty.
Dependable.
Prompt.
Common Sense.
Judgment.
Considerate.
Perfect Health.
Sincere.
Thoroughness.
Knowledge of profession.
Self-controlled.
Courtesy.
Unselfish - Generous.
Patience.
Loyal.
Humble.
Co-operative.
Sense of Humour.
Imagination.

A mark of the educated person is
not only a skill and knowledge but
a sensitiveness of what goes on around us.

A Days Budget.

7.30	Rise. Dress. Tidy room.
8.00	Breakfast.
8.20	Get ready for school.
8.30	Leave for school.
8.55	Change into uniform.
9.00	Classes.
12.40	Change into street clothes.
12.45	Leave for Residence.
1.10	Get ready for lunch.
1.15	Lunch.
1.35	Get ready for school.
1.40	Leave for school.
2.05	Change into uniform.
2.10	Classes.
4.00	Change into street clothes.
6.10	Go back to residence, knit, sew, etc or write letters, do laundry or study. If shopping is to be done do it at this time leaving half an hour to get back to the residence. Get ready for dinner.
6.15	Dinner.
7.00	Coffee.
7.10	Time to talk to friends.
7.30	Study.
9.30	Either break or continue study.
10.00	Continue study or write letters.
10.30 or 11	Bed.

Williams & Brannell.

Location - Wing & ground floor. Facilities to pass classes to & fro. Southern exposure good & sunshine.

Combination - This use stage - boys gym - usually.

Separate Gym - Folding doors not accepted to separate gyms.

Size - upon use. at least 40' x 60' - min.
50' x 80' or 60' x 90' not 2 big
hook - 19 - 345.

Wayman & Nash - Books on Swimming Pools.

Copy Rules for Swimming Pools.

Apparatus for High School.

- | | | |
|-----------------|----------------|------------|
| 1. Horse | 6. seat board | 11. forms. |
| 2. Box | 7. ladder | |
| 3. Rings | 8. stall bars. | |
| 4. ropes | 9. boom | |
| 5. Spring board | 10. Mats. | |

Apparatus for Elementary Schools.

- | | |
|-------------|----------------|
| 1. mats | 6. Stall bars. |
| 2. forms | 7. ladder. |
| 3. ropes | 8. box. |
| 4. rings | |
| 5. trapeze. | |

Use for taking place of natural play as climbing, jumping fences.

Would develop big mus. in girls if done many times.

Thelton & Van Hagen has a list of Supplies.

Different & more exciting for children.

Get agility and co-ordination.

Develops courage.

Ability to land properly.

\$200 of Apparatus.

Supplies for High Schools.

1. Basketballs
2. Volley balls & net
3. Baseball
4. Rubber balls.
5. Soccer.
6. Badminton birds & net.
7. 1 doz. clubs.
8. 1 " wands.
9. Deck tennis.
10. quoits.
11. Bean bags.

Chp. III for 17th.

Orthotolodine

Service Dept.

Circulating System.

Laundry -

Round Robin Tournament

	A	B	C	D	E	F	G	H
A		9	13	17	25	22	5	1
B			19	15	23	26	2	6
C				11	8	3	27	21
D					4	7	24	28
E						12	16	18
F							20	14
G								10
H								

For large teams have round robin then elimination

Limit team to minimum no. of players. If not played other team forfeits.

Ladder - may be seated or drawn by lot.
Mob rule - challenge only 3 or within 2 or 3 above them. Player challenged must play within certain time or else forfeit.

Officials - first in P.E. dept. or else someone on staff who knows game or else leaders class.

Publicity - Put up & take off things promptly.
On bulletin board -

Schedules of tournaments & scores.

Scores pictures - old teams or books.

Rules - esp. if change.

Special announcements.

Percentage of teams played.

Divide no. of games played by no. of games won to get percentage.

"Variety in choice of games."
Intra curricular - after hours.
intra mural - inside school.

Choose more than 1 game per season.

1. strenuous team game to suit some.
2. less strenuous for less physical.
3. dual and individual activity.

Rules for Organization.

Have tournaments early. - Care more for interest of competition rather than excellence.
Interest brings more skill.

Skill ... interest.

Write out details of organization.

Want teams & officials from ea. home room. Captains of teams. Have meetings of officials & let them talk in room to girls on teams.

Keep reminders of duties to officials.

Have rooms keep schedules on bulletin ^{room} board.

Captains resp. 4 players.

Managers " " equipment officials, etc.

Have definite rules 4-

1. forfeiting games
2. post-ponement of games.
3. eligibility of players.
4. minimum no. of players.

Club or A. A.

1. Point systems.
2. Clubs have own money to support own act.

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3. Might be managed for P.E. instructor.
4. No wise & large fee - not more than \$1.00
5. Ask for little from school budget for A.A. equipment. - Some years buy a bit itself.
6. Keep A.A. fees for spec. das. - speakers
7. damage of equip (small)
8. Also awards. - Letters, etc.
9. Films -
10. Team trips.

Objectives - general aim for support & promotion of P.E. Dept.

1. To develop wholesome & varied A.A. -
2. Stimulate int. in participation in these act. ^{leisure} time
3. Provide for large group than fed.
4. Develop student leadership.
5. Provide & devel. of friendliness & fellowship ⁱⁿ games
6. Dev. sportsmanship.

P.E. instructor shouldn't start A.A. alone. Have help w. ^{student} leaders. -

Look up organization of previous year to find leaders. Let them plan & work w. you to organize. Then call whole school & get a leader to tell about whole plan.

Usually have treasurer & faculty member. Have Pres - V-Pres, Secy - Treas. - Reporter - Head of Sports.

Help make schedule, reports, etc.

Constitutions -

1. Name
2. Object.
3. Membership. (does)
4. Legislative powers.
5. Meetings.
6. Amendments.

By-laws.

1. Awards.
2. Point system.
3. Regulations & diff sports.
4. Initiation of members.
5. Regulations of Standing Committees.
6. Training rules.

Point Systems.

Outcome of large intra mural program.

Carefully worked out & weighed!

1. Participation.

→ Provide basis for Awards & Honours.
Incentive for large no. of people to play & work to gether.

Minutes

Business from Minutes.

Committee Reports from regular committee.

New Business.

"Meeting Procedure."

"

Group Work occurs mostly in associations. Sometimes opposed to case work. Want to know how to conduct & be leaders of group work.

Methods.

2. For regular P.E. class work, through
1. Standards of achievement by tests.
- Also by the mark. Excellent give certain marks etc.
3. Competition betw squads. - points for winning.
4. Regular attendance.

B. Voluntary Participation.

1. Memberships on team.
2. Points for individual or dual games.
3. On hikes, camping trips. P. 11.

C. Leadership & Service.

Scorers, captains, etc.

D. Health.

Point System.

Values.

Devel. of interest

Fair Distribution

Objective.

Improvement in participation.

Disadvantage.

Work for the points.

Bribing.